



AQA A-Level Psychology Weekly Revision Timetable

(Oct 2025 – Apr 2026)

RM = Research Methods

*Paper 3 Topic – choose the one that your school delivers.

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OCTOBER 2025

Day	Week of 6 Oct	Week of 13 Oct	Week of 20 Oct	Week of 27 Oct*
Mon	RM: Experimental designs & variables	RM: Sampling & pilot studies	RM: Observational & self-report	Light review (flashcards)
Tue	Social Influence: Types of conformity, ISI/NSI	Memory: MSM + LTM types	Attachment: Caregiver-infant, Schaffer	Essay plan (Social/Approaches)
Wed	Approaches: Origins, Wundt	Approaches: Behaviourist + SLT	Approaches: Cognitive + Biological	Essay plan (Memory/Attachment)
Thu	Issues & Debates: Gender & culture bias	Schizophrenia*: Classification & symptoms	Forensics*: Offender profiling	—
Fri	Practice: Short Qs (Social + RM)	Practice: 12-mark design a study RM Question	Practice: Mixed P1 Qs	—

NOVEMBER 2025

Day	Week of 3 Nov	Week of 10 Nov	Week of 17 Nov	Week of 24 Nov
Mon	RM: Reliability & validity	RM: Control, demand characteristics, ethics	RM: Correlation vs experiment	RM: Peer review + economic implications
Tue	Psychopathology: Abnormality + phobias	Social: Asch + Zimbardo	Memory: WMM	Attachment: Bowlby + Lorenz/Harlow
Wed	Biopsych: Nervous system + neurons	Biopsych: Endocrine + fight/flight	Biopsych: Localisation + lateralisation	Biopsych: Plasticity + recovery
Thu	Relationships: Partner preferences	Issues: Free will vs determinism	Schizophrenia*: Biological explanations	Forensics*: Biological explanations
Fri	Practice: Past P1 Sec A	Practice: 16m essay (Asch/Zimbardo)	Practice: RM maths (mean, SD)	Practice: Mixed P2 Qs

DECEMBER 2025

Day	Week of 1 Dec	Week of 8 Dec	Week of 15 Dec
Mon	RM: Report writing (abstract, discussion, referencing)	RM: Descriptive stats (mean, SD, range)	RM: Graphs, tables, scatter, histograms
Tue	Psychopathology: Depression (Beck, Ellis)	Social: Milgram + obedience	Memory: Forgetting + EWT
Wed	Approaches: Psychodynamic	Approaches: Humanistic	Biopsych: Brain methods (fMRI, EEG, post-mortem)
Thu	Relationships*: Attraction factors	Issues: Nature vs nurture	Schizophrenia*: Psychological explanations
Fri	Practice: Timed P1 Section B	Practice: Past P2 Section A	Practice: Timed essay (EWT)

JANUARY 2026 (Cycle 2 – Consolidation)

Day	Week of 5 Jan	Week of 12 Jan	Week of 19 Jan	Week of 26 Jan
Mon	RM: Statistical testing (Sign Test, choosing tests)	RM: Levels of measurement	RM: Probability & significance	RM: Critical values + type 1 and type 2 errors
Tue	Attachment: Strange Situation + cultural variations	Psychopathology: Depression CBT	Social: Resistance + minority influence	Memory: Cognitive Interview
Wed	Approaches: Cognitive vs Biological comparison	Approaches: Psychodynamic vs Humanistic	Approaches: Consolidation	Biopsych: Endocrine + fight/flight recap
Thu	Forensics*: Psychological explanations	Relationships*: Theories of relationships	Schizophrenia*: Treatments	Issues: Holism vs Reductionism
Fri	Practice: P1 timed section	Practice: P2 timed section	Practice: P3 timed section	Full Paper 1 (timed)

FEBRUARY 2026

Day	Week of 2 Feb	Week of 9 Feb	Week of 16 Feb (Half Term)	Week of 23 Feb
Mon	RM: Significance + p-values	RM: Maths practice (SD, percentages, probability)	Mock Paper 1	RM: Inferential tests (e.g. Spearman, Chi ² , t-tests)
Tue	Psychopathology: OCD + treatments	Attachment: Maternal deprivation + Romanian orphans	Mock Paper 2	Social: Social change
Wed	Biopsych: Biological rhythms	Approaches: Evaluation essay practice	—	Biopsych: Plasticity & recovery recap
Thu	Relationships*: Relationship breakdown	Forensics*: Custodial sentencing + recidivism	—	Schizophrenia*: Interactionist approach
Fri	Practice: P1 essays	Practice: P2 essays	Mock Paper 3	Timed P3 section

MARCH 2026 (Exam Prep Cycle)

Day	Week of 2 Mar	Week of 9 Mar	Week of 16 Mar	Week of 23 Mar
Mon	RM: Statistical tests (Spearman, Pearson, Wilcoxon, Mann-Whitney)	RM: Maths quickfire (mean, SD, graphs)	RM: Full methods essay plan	RM: Past methods section timed
Tue	Social: Resistance & social change	Memory: EWT + anxiety	Attachment: Influence of early attachment	Psychopathology: Consolidation (phobias, OCD, depression)
Wed	Approaches: Full comparison essay	Biopsych: Recap (localisation, rhythms)	Approaches: Timed section	Biopsych: Timed practice
Thu	Schizophrenia*: Treatments	Forensics*: Behaviour modification, anger management	Relationships*: Parasocial relationships	Issues: Ethical implications
Fri	Full Paper 3 timed	Full Paper 1 timed	Full Paper 2 timed	Past paper (choose weakest paper)

APRIL 2026 (Final Sprint)

Day	Week of 6 Apr	Week of 13 Apr	Week of 20 Apr
Mon	RM: Basic maths skills + statistical test selection	RM: Past questions practice	RM: Flashcards + “weak spots”
Tue	Full Paper 1 timed	Paper 1 essays planning	Paper 1 quick review
Wed	Full Paper 2 timed	Paper 2 essays planning	Paper 2 quick review
Thu	Full Paper 3 timed	Paper 3 essays planning	Paper 3 quick review
Fri	Weakest topic review	Weakest topic review	Confidence check: short essays, flashcards